



SUMMER CHERRY SMOOTHIE

Joanna Andraea, Wandering Wellness

INGREDIENTS

1 ½ cups milk of choice (I used homemade sprouted Brazil nut, but almond, hemp, etc. is great!)

½ cup pitted cherries

½ banana

pinch of cinnamon, cardamom, and sea salt

1 ½ tbsp pumpkin seeds or nut butter of choice

1 ½ tbsp cacao powder

touch of maple syrup (optional)

METHOD

Blend all ingredients until smooth. Add ice if you like it a bit colder, and enjoy!